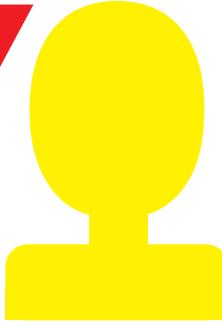


YOUTHINK



M E L B O U R N E

THIS MONTH:

Corona virus update 2

A journey to body positivity with Anika Walia 3

Quarantine cures with Cecily and Noah 4

Up & coming: Facetime Friday Podcast with Anika and Hannah 5

LETS GET ARTSY!

Sustainable DIY art activities 6

Portrait drawing with Damketh 7

HOBBIES!

Radio controlled cars with Sid Barnes 8

SUPPORT

Australian Coronavirus hotline number: 1800 020 080

Beyondblue: 1300 22 4636

Butterfly foundation: 1800 33 4673

Kids Helpline: 1800 55 1800

Lifeline: 13 11 14

All these services are available

24/7

GETTING INVOLVED

The YOUTHINK team is evergrowing and we would love for you to join us.

To get your school involved

Email or DM us on instagram and we will be sure to get you in on the fun! All schools within Melbourne are welcome and encouraged. Once your school is involved there are opportunities to be on the Editorial Board!

To submit content or lend a hand

To submit content we ask that you email a PDF file to us or share a google document with us. Please attach any images and links separately. Please be sure to keep the audience in mind and include trigger warnings where necessary.

To get involved with the design, management and technology side of this initiative please send us an email.

We accept content in all forms and shapes this includes photography, art, opinion pieces, poems, short stories, and videos. We are also happy to advertise for any of your projects or passions to help you gain popularity.

We ask that you inform us of your interest to submit content by the 19th of each month and send us your content by the 25th.

We really hope you enjoy this. All feedback is welcome.

OUR DETAILS

Email:

YOUTHINKMelbourne@gmail.com

Instagram:

YOUTHINK.Melbourne

FOR OUR LAST EDITION CLICK [HERE](#)

Coronavirus (Melbourne) Update

28.8.20

By **Louella Breach, MGC**

It's been a long and lonely month between updates, but the end is in sight. With Melbourne recording only 113 cases overnight on the 28th of August, and Stage 4 lockdown scheduled to end on September 13th, a much-needed dose of optimism is emerging. In a press conference on the 28th of August, Victorian Premier Daniel Andrews warned Victorians that to prevent a third wave, restrictions may change at a slower rate than many of us were hoping.

To quote, "I want to be very frank with people. The notion that we would go from, say, stage 4 to stage 2, or stage 1, where all of those businesses would be open like a normal kind of second half of the year, normal spring, we're not going to be able to do that." I'm sure many of us can agree that this second lockdown has taught us that we must follow restrictions to keep our communities, our families and ourselves. To ensure that restrictions continue to loosen as quickly as possible, we must abide by advice and restrictions. With 12 deaths today, we are reminded of the tragedy amongst the monotony of this pandemic. The Victorian death toll is officially 496 people and is likely to pass 500 in the coming days, if not the next 24 hours. While every death is a tragedy, and our thoughts are with the families mourning loved ones, there have been 15,101 recoveries. In more positive news, some sources predict Victorian cases may fall to less than 100 cases per day in the next week. Furthermore, there have been 19,863 test results returned in the last 24 hours and over 2.17 million since testing began. While our holidays might be a little more locked-down than usual, it looks like we will enjoy the relative "freedom" of Stage 3 sooner rather than later.

With that in mind, it is imperative to abide by the restrictions to secure our lockdown less future!

Stage 4 restrictions are not quite over; here's a reminder of what this means for us!

All Victorians are required to wear a face-covering outside their homes from 11:59 pm Sunday 2nd of August, except where a legal exception applies.

Metropolitan Melbourne will be under Stage 4 restrictions from 6 pm 2.8.20. The details and implications are below.

Regional Victoria (including Mitchell Shire) will be under Stage 3, Stay At Home, restrictions from 11:59 pm Wednesday 5th of August.

A mandatory curfew has been implemented in Metropolitan Melbourne. An 8 pm - 5 am curfew is in effect every evening from the 2nd of August. During those hours, you may only leave your home for work or essential health, care or safety reasons.

Under these, Stage 4, restrictions Melbournians may only leave (with a face-covering and remaining physically distant) their homes for one of five reasons:

Work. Those who can work from home must do so. All study, including schools, has been moved to online/remote learning where possible.

Personal, including leaving your house in an emergency, visiting an "intimate partner" and shared parenting arrangements.

Care and healthcare, you can attend medical appointments, receive healthcare, care for an elderly or sick relative, take a pet to a vet or accompany someone for medical treatment IF you are their parent/guardian or support person.

Exercise. It is essential to note these restrictions have changed from Stage 3. It is limited to one hour, once a day, within 5km of your home. You may exercise with one other person as long as neither of you leaves the 5km from your home and remain strictly physically distant.

Essential goods and services. One (1) person per household, per day, can shop for necessary goods and services within 5km of the home. For most of us, this will mean a parent shopping at the nearest supermarket. Where there is no essential goods provider within 5km, you may travel to the nearest provider.

Sources:

[DHHS](#) [ABC](#)

Body Positivity + my journey

Anika Walia

As a 10-year-old, I fixated on the words they'd taunt me with; that I am a gorilla, I am abnormal, I am not a proper woman, that only men should have the things I could not control on body. There were times I was so caught up in what these people thought of me, that I changed myself to adhere to their conservative view of beauty. One side of me just wanted to modify myself completely so I wouldn't be shamed anymore. Another side of me just wanted to tell them to piss off and leave me alone, as there was this anger accumulating inside me. I couldn't bear any more humiliation than I'd already received for simply the way I look. It's not one of my proudest moments, but I did change myself as a way of conforming to their ideas of beauty. I didn't know any better and I was only a tween desiring to be accepted by my peers. Yet it was only after I made changes to my body and came to school the next day, when I realized it made no difference.

No matter how far these kids took it to destroy my self-confidence, and after abiding by the Eurocentric beauty standard, I didn't feel any better about myself. Maybe I looked a little different on the outside, but I was the completely the same on the inside. This expectation of your self-confidence boosting only after you have a 'glow-up' of your appearance is a joke. Altering my physical self to better suit society's stereotypes didn't affect the way I viewed myself nor my body. It was only in high school when



I began to realize that if I conform to these expectations, I could never accept myself. The only real acceptance comes from your inner-self, and nobody else. This desire I had to fit into society wouldn't matter if my focus was to only better myself as a person, rather than on the judgments people gave me.

It's a life long journey and never going to happen overnight. Coming to terms with every aspect of yourself is a strangely difficult job, due to the surrounding stigma beauty standards. No matter the countless hardships you may face, understand that you are completely different from the other 7.8 billion people on this planet. So, comparing yourself to another female who has this 'perfect' hourglass figure and slim nose with almond eyes is useless. The most painful thing you could do to yourself is self-misogyny. You are never going to be like any influencer, or have their body, and that is ok. You are different, you are unique and that is what makes you, the best version of you. The greatest tool we have over society is that we have control

over our mindset. We have the power to remove toxic people from our lives, to go on a healthy diet, to alter our feed on Instagram; only cultivating positivity. You are stronger than the monstrous effects social media can have over us. Change only comes at the expense of determination and time. One day you will wake up and be grateful to be you. You will love everything about yourself, from your personality to your looks. Any hardships you face, you will be able to overcome it because you know you can always count on yourself. If I can do it, anybody else can do it. One day, you will wake and love yourself, because even if you don't see it, you are beautiful.

Quarantine Cures

With Cecily Smith-Ellis and Noah Pappas

By now, we are all getting pretty bored with the daily routine we must follow. It is just a continuous loop of waking up, school, leisure, sleep, waking up, school, leisure, sleep. However, this is an ideal time to try and rearrange your life. A perfect period to learn new routines, try new things or even expand your Netflix selection. Well, here is a small variety of things you can get up to in the comfort of your own home. And heck, you may continue to do so when we're out of quarantine:

Listening to a podcast:

A podcast is an episodic series of audio (sometimes visual) clips that a user can download to a personal device for easy listening. These can cover a range of topics including true crime, simple entertainment from a content creator, interviews with celebrities and more. It is a great and effective way to distract yourself perhaps when going for a walk, doing your chores or settling down from a long day. It can be entertaining, it can be informing or it can open your perspective to new ideas.

Podcasts can also be great to clear your mind in times of anxiety, or stress. To just put on a podcast and listen to something that can really calm or soothe you. After a long day of work or just a long day in general, you can listen to something you love. To share a smile or a laugh. Just a little side note for any fans of Disney, Marvel, Star Wars and Harry Potter, a recommended podcast to watch revolving around these fanbases is Fantastic Geeks and Where to Find Them.

Learning a musical instrument:

Is your guitar or piano collecting dust? Or did your parents buy a French horn that's still in the cupboard? Well, you know what time it is. Locate a quiet spot, whip up your music book or a tutorial from Youtube and just start practising. If you enjoy it, keep practising.

And to those who haven't picked up an instrument before - now is the time! Go online and explore the many musical instruments you can order online (it would be preferred not to purchase a piano as one's first choice). Once you have your guitar, keyboard or maracas, it's time to practise, practise, practise. Anywhere as little as 10 minutes of practice every day can go a long way into making this hobby turn into a skill. And when we're out of lockdown, you will have gained a new ability to flex on your friends.

Cooking or Baking:

We have all had a day where all we do is munch down on some delicious snacks. Melbourne is full of restaurants, cafes and bakeries with exquisite foods. Sweets snack making your mouth water, and some of probably the best savoury foods you could have ever tasted. Though because of the restrictions, you can't exactly go to these places right about, so why not attempt them at home. First, if you want to try and master the way of cooking and baking it is recommended you get some tools to help you along the way.

A scale: to make sure that all of your foods are the proper proportions

If you want to bake it is always helpful to have a packet of chocolate chips or baking chocolate around. This can be helpful for recipes such as chocolate chip muffins or cookies.

Everything necessary to even bake. This includes: flour, sugar, cocoa powder, eggs, milk, and vanilla extract and unsalted butter.

Anything else that you might like to have when you're cooking. If you're doing some savoury work, it depends on what you're making and the required ingredients.

For whatever you wish to make, look through some recipe books you might have. Alternatively, look it up on the internet. A tip for if you're on the Internet - make sure to look at the star rating and reviews.

Up and Coming: Facetime Friday Podcast



The following recipe is for a simple home-made pizza. Do you ever want to snack on a flaky cheese pizza that is also bite-sized? Well, here it is. All you need is some of the puff pastry that can be found in Coles or Woolworths, some tomato paste and whatever cheese you prefer to incorporate.

You want to start off by making sure that your puff pastry is defrosted, make sure to handle it with care as it can rip apart at any second. Grab your tomato paste and slather it onto the base of your puff pastry, making sure to get all the corners of it. Next, put on whatever cheese you want to the extent that you want to. Next is the hardest part and you must be especially careful when doing it. Grab the top parts of your pastry and begin to roll it towards you.

Once finished, begin cutting the roll into your desired size. Have your tray with baking paper ready and place all your rolls in different spaces all over the tray. Bake for about 10-15 minutes or until golden brown. When out of the oven make sure to let them cool! Now you're all done - enjoy!

That's all we have for this month. We hope you are inspired by some of these ideas and implement them into your life!

Amidst the chaos of quarantine, we began our podcast, as an outlet and a way of escaping all that is happening in the world at the moment. Facetime Friday is a platform for us, Anika and Hannah to share our thoughts and ideas on various global issues and ideas that we are passionate about. It consists of a range of topics, from talking about racism, political thoughts, self-empowerment, and aspects of social media. The goal of our podcast is to create an open conversation for people of all backgrounds to listen, enjoy, and engage. We want to showcase a range of different perspectives whether it be our own or others as well as questioning our own thoughts and ideas. We hope that you give a listen!

Listen on Spotify:

<https://open.spotify.com/show/2uIIFTXyhFfPa1P2M-5v3dF3>

Follow our Instagram! @facetimefridaypodcast

ART

At home DIY craft activities!

Isabelle from PHSC

Missing Pieces Décor:

Have any old puzzles missing pieces here is a fun way to recycle them.

Materials:

Puzzle pieces
Glue stick (optional).
Paper (optional)
String/jewellery wire (optional)

Instructions:

Gather a range of puzzle pieces and lay out your design on a flat surface.

Here is where you choose your path, you could make:

A necklace
Wall hanging
Mobile
Earrings



Once you've decided what you're making, feel free to change up the next couple of steps.

If you're making a wall hanging then to make it easier you can use a template to stick your pieces on or you can just do it free hand.

Glue your pieces together in the shapes you want then make sure they are stuck together tightly. Tie a piece of string to the top of the hanging then put it up on the wall.

Recycle your plastic bottles:

To many plastic water bottles or milk cartons, this is what to do with them!

Materials:

Plastic bottle/s
String/wool
Optional:
Paper/fabric
Beads or buttons
Paint



Instructions:

Grab your plastic bottle/s and cup them into thirds or quarters (depending on size).

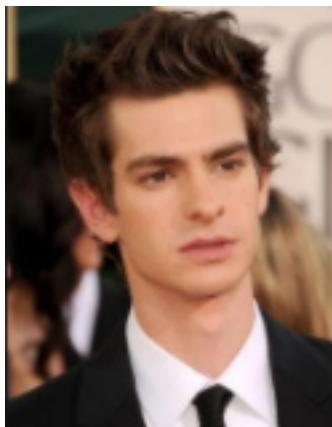
Once you have cut out your desired shapes you could paint, add paper, fabric, beads or buttons.

Cut two small holes in the sides of the plastic then insert wool or string to hang.

If you want you can use wire to hang the bottles like a mobile.

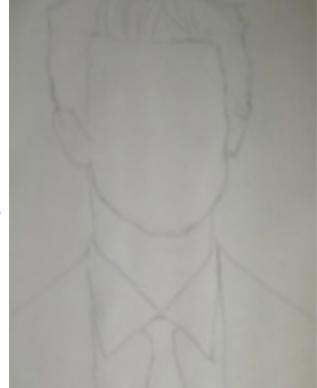
The Basics of Portrait drawing

Damketh Habaragamuwa

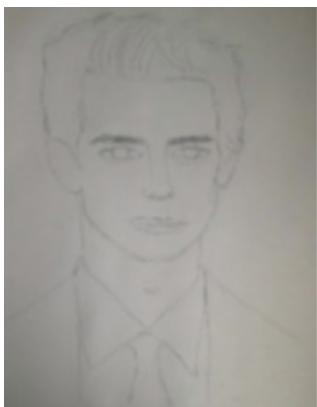


Drawing is a really nice way of releasing stress and it can also be quite fun. If you are left with not much to do during this second period of isolation drawing should be a great way for you to enjoy yourself and pass the time. Here I am going to give you a rough outline on how you can tackle the task of drawing a portrait and show you the pictures of me attempting to drawing the picture of Andrew Garfield shown on the right.

1. First spend a good 5-10 minutes sketching and sculpting the outline of the face, remember that at this stage the shape of the face doesn't have to be totally correct which you should change along the way and it only should be enough to get a sense of who your drawing.



2. Now start to add features to the face including the eyebrows, eyes, nose and mouth. It is often helpful to draw guidelines (like shown in the picture below) over the face to help you see where the facial figures should lie. When drawing the eyebrows, draw small lines for the hairs to give a realistic effect.

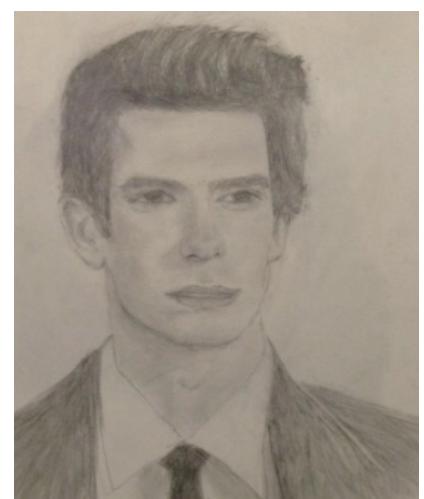


3. Identify which side the light is coming from and shade the major shadows of the face. To get a more realistic effect, aim for the shadows to have soft edges which can be achieved through using a cotton bud or gradually lessening the pressure on your pencil

4. More contrast between the lighter and darker areas of the face also creates a more 3D effect. Shadows you should consider focusing on include the shadows under eyebrows and above the eyes, around the nose and chin, which makes considerable change.

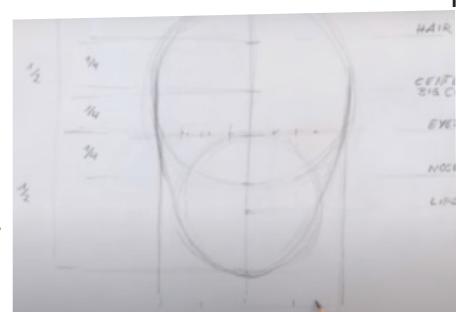


5. Once you've got to a stage where you think that the portrait is looking pretty good start to add the finer details like the eyelashes and adding darker shading.



Key tips:

- When drawing use, a sharp pencil to get finer details
- When shading the direction of your strokes of the pencil should most of the time match the form of the object your drawing
- Keep glancing at your reference picture as you're drawing as it really helps increase its resemblance
- A good way to judge your drawing is to look at from about four steps back, which helps for you to see which areas need improvement
- Lastly, most importantly don't feel discouraged if your drawing is not exactly like the reference picture because more and more practice is the key to improving your portrait drawing and some of your drawings don't turn out the best and others do (my drawing is far from perfect yet I'm happy with my result. Good luck!



it

Radio Control Cars - The story of a hobby

Sid Barnes

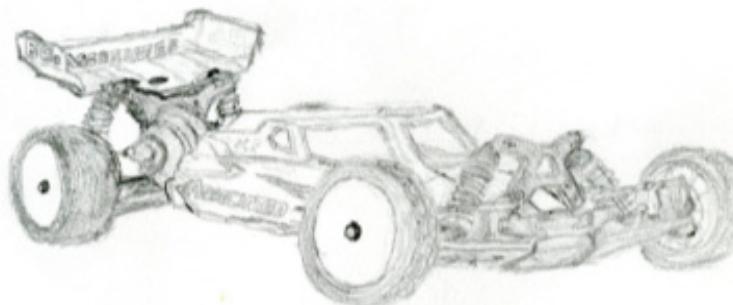
It all began three years ago when I was at my friend's house and he showed me this remarkable radio controlled car, called the K&N Torment. It was huge to me as I had only ever seen Radio Control cars that were hard to drive, slow and they broke in five minutes. The independent suspension was addictive, you could take the cover off and see all the different contributors to the vehicle's performance and the battery was not just a set of AAs. Before I saw the performance the vehicle had to spare I knew I had to get one.

My new passion would go on for three years and beyond.

When we took the car for a drive, I was amazed at the capability and the speed of the radio

controlled vehicle. We went to a local park where there were sharp turns, stretches of grass and a skatepark. The one tenth scale short course truck conquered all the terrain with ease. The way the suspension moved was something I had never seen before. The car leaned in turns, squatted when accelerating and dived when braking. On another day, we took it to a different park where there was some gravel. My friend described the acceleration of the

short course truck as a jet propell of dust as the power, tyres and gravel, worked together to move the truck from zero to fifty kilometers per hour. Controlling an RC car on the ground was one thing but controlling an RC car in the air was a whole new thing all together. My friend's dad had a fifty five kilometer per hour capable RC car called the Traxxas Bandit! After it was lined up in front of a BMX jump and the trigger was pulled, the little buggy was airborne!



The next thing I knew, it was my birthday and I was lucky enough to receive my first hobby grade RC car. My first car was a kit, meaning I had assembled it from scratch, unlike my friend's RC car. I pulled the bags out of the box and there were daunting amounts of screws, oils, wheels, tyres, gears, electronic components and an instruction manual. I was excited to

start building. I started building the car, expecting everything to go smoothly but of course I was wrong. Straight away screws were hard to turn. I fitted parts the wrong way round and I

would then have to unscrew everything and then screw it in properly. But the courage and understanding that I gained from the process of building that kit was tremendous. After the mechanical sections were completed, it came down to the bodyshell which adds the realism

of the vehicle and the personalisation. It came clear and unpainted but it was in the shape of an Alfa Romeo Giulia Sprint GTA from the 1970s. On the box, it showed the car in a bright red colour. And this is the colour that I painted it. It was another

learning curve as you had to paint it from the inside rather than the outside in order for it to fulfil its glossy finish. The very last part was mounting the finished body shell onto the RC car. It was finished and was finally ready to drive.